

A Book of COOKERY,

405

And the order of MEATES to
be served to the Table, both for
Flesh and Fish dayes.

with many Excellent wayes for the
Dressing of all usuall sorts of Meats, both
Bak'd, Boyld, or Rosted, of *Flesh, Fish, Fowle,*
or others, with their proper Sawes.

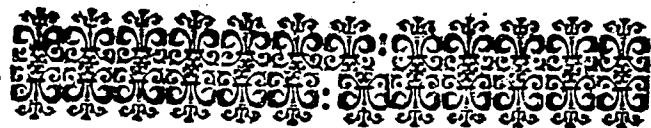
*As also many rare Inventions in Cookery
for made Dishes: with most notable pre-
serves of sundry sorts of Fruits.*

Likewise for making many preeious
Water, & with divers approved Medicines
for grievous Diseases.

*With certaine points of Husbandry how to
order Oxen, Horses, Sheep, Hogges, &c.
with many other necessary points for
Husbandmen to know.*

May. 10. L O N D O N :

Printed by Jeane Bell, dwelling at the
East end of Christ-Church, 1650.



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Here followeth the order of Meats
how they must be served to the

TABLE.

Services for Flesh-daiers at Dinner.

The first Course.

Pottage of stewed broth, boyled meat or stewed meat, Chickens and Bacon; potaged Weefe, Pies, Goose, Piggee, roasted Weefe, roasted Weale, Custard.

The second Course.

Roasted Lambe, roasted Capons, roasted Conyes, Chickens, Pea-hens, baked Wenison Tart,

The first Course at Supper.

A Sallad, Pigs-petticoes, potaged Weefe, sliced, a shoulder of Mutton or a breast of Weale, Lambe, Custard.

The second Course.

Capons roasted, Conies roasted, Chickens roasted, Pigeons roasted, Larkes roasted, a Pie of Pigeons or Chickens, baked Wenison, Tart.

The service at Dinner.

A dozen of Quailles, a dish of Larkes, Two Pasties of red Deere in a dish, Tart, Ginger-bread Fritters.

Service for Fish dayes.

Butter a Sallet with hard Egges, Pottage of sand Geles, and Lamperns, red Herring green broyled, white Herring Ling, Haberdine Mustard, salt Salmon minced; two Pasties of, Fallow Deere in a dish, a Custard, a dish of Leaches.

The second course

Jelly, Peacocks, sauce Wine and Salt; two Conpes or halfe a dozen Rabers, sauce Mustard, and Sugar, halfe a dozen of Pigeons, Mallard, Teple; sauce Mustard and Meriupce, Gullies, Storke, Heronshew, Crab, sauce Calentine: Curlew, Birsure, Custard, Feasant, sauce Water and Salt with Onions spced, half a dozen Wood-cocks, sauce Mustard and Sugar, halfe a dozen Teales, sauced as the Feasants; a dozen of Quales; a dish of Larkes, two Pasties of red Deere in a dish, Tart, Ginger-bread, Frittere.

Service for Fish dayes.

Butter a Sallet with hard Egges, red Herring greene broyled, white Herring Ling, Haberdine,

dine, sauce Mustard salt Salmon minced, sauce Mustard and Meriupce, and a little Sugar, powdered Conger, Shad, Hackrell, sauce Wineger, Whiting, sauce with the Liber and Mustard, Playce, sauce Sorrell, Wine and Salt, Mustard or Meriupce, Thorneback, sauce Liber and Mustard, Pepper and Salt strewed upon, after it is bruised: fresh Cod, sauce Greene-sauce, Dace, Mullet, Geles upon sopps, Roche upon sopps, Perch, Pike in Pike-sauce, Crobot upon sopps, Tench in Gelly. or Goresill Custard.

The second Course.

Flounders or Fleokes, Pike-sauce, fresh Salmon fresh Conger, Broile, Turbut, Breame upon sopps, Carpe upon sopps, Soles or any other Fish fryed, roasted Geles, sauce the dripping) roasted Lamperns, roasted Poppes, fresh Stuckion, sauce Calentine, Credis, Crab, Shrimps, sauce Wineger.

Baked Lampery, Tart, Figges, Apples, Almonds, blanched, Chase, Raisins, Peares.

For Boild Meats.

To boile a bawne.

TAke your Bratone, and when you have cut him out, lay him in faire water foure and twenty houres, and shift it foure or fife times, and scrape and binde up those pieces that you shall thinke good with Hemp: then binde one handfull of greene Willowes together, and lay them in the bottome of the Pan, and put in your Bratone, and skim it very clean, and let it boyle but softly; and it must be so tender that you may put a straw thogh it, and when it is boyled enough, let it stand and coole in the panne; and when you take it up, let it lie in Traves one houre or two, and then make loking drinke with Ale and water and salt and you must make it very strong, and so let it lie by a week before you spend it.

To boyle Meats for dinner.

TAke the ribbes of a necke of Mutton, and stufte it with Margerome, Savoye; Lime, Parsley chopped small, Currans, with the yolkes of two Egges, Pepper and Salt, then put it into a Posnet with faire water, or else with the liquor

quor of some meat with Winegar, Pepper and Salt, and a little Butter, and so serbe it.

TAke Weale and put it into a posnet with Carret rootes cut in long pieces, then boile it, and put thereto a handfull of Prunes & crummes of bread, then season it with pepper, salt, and vinegar.

To boyle a Leg of Mutton with
a Pudding.

First with a knife raise the skin round about, till you come to the joynts, and when you have parboyled the meat, shred it fine with selwet or marrow, Parsley, Margerome and Pennyroll; then season it with Pepper and Salt, Cloves Mace, and Cinamon, and take the yolkes of 9 or 10 Egges, and mingle with your meat a good handfull of Currans, and a few minced Dates, and put the meat into the skinn of the legge of Mutton, and close it with pycks, and so boile it with the broth that you boile a Capon, and set it seeth the space of two heures.

To boile a Lambes-head and
Purtnance.

Straine your broth into a Pipkin, and set it on the fire, and put in Butter, and skim,
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it as clean as you can, and put in your Meate; and Put in Onibee, end cut it a little, and strain a little Pest and put into it, and Currans and Prunes, and put in all manner of Spices, and so serbe it upon foppes,

To boyle a Mallard with Cabbedge.

Take some Cabbedge and pick and wash them clean, and parboyle them in faire water, then put them into a Collender, and let the water run from them cleau: then put them into a faire earthen pot, and as much sweet broth as will cober the Cabbedge, and sweet Butter, then take your Mallard and rost it halfe enough, and take the dropping of him; then cut him in the side, and put the Mallard into the Cabbedge, and put into it all your dropping: then letting it steu an houre, season it with salt, and serbe it upon foppes.

To boyle a Dutke with Turneps.

Take her first and put her into a pot with steebed broth, then take Parsly and sweet Hearbs and chop them, and parboyle the roots very small on another pot, then put unto them sweet Butter, Sinamon, Ginger, grosse Pepper and

and whole Spice, and so season it with Salt, and serbe it upon foppes.

To boyle Mutton and Chickins.

Take your Mutton and Chickins, and set upon the fire, with faire water, and when it is well scummed, take two handfuls of Cabbedge Lettice, a handfull of Currans, a good piece of Butter, the iurce of two oz thre Leamons, a good deale of grosse Pepper, and a good piece of Sugar, and let them seeth all well together; then take thge oz foure yolkes of Egges together hard roasted, and straine them with part of your broth, let them seeth the quantity of an houre; then serbe your broth with Meate upon foppets,

To boyle Chickins.

First, you shall take Chickins and boyle them with Grapes and with a rack of Mutton together, and let the rack of Mutton boyle befoze the Chickins one houre and a halfe; then make a bunch of Hearbs with Rosemary, Time, Saffron, and Hysope; and also Marjorun, and binde them fast together, put them in the pot, and when you see your time put in your Chickins with Parsly in their bellies, and a little sweet Butrer, Meriuyce and Pepper, and when you habe so done, boile your Grapes in a little pipkin

pipkin by themselves, with some of the broth of the Chickens, but take heed you boile not them too much, nor yet to little, and then take the yolks of fyre Egges; and straine with a little broth of the pot, and when they are strained, put them in the pipkin to the Grapes, and stirre them; and when they begin to boile, take them from the fyre and stir them a good while after you have taken them up, then have your spettes ready in a platter, and lay your meat upon it, then take your pipkin, with Grapes and all that is in it, and powre it upon the meat, and after this sort serbe it in.

Another way to boile Chickens.

STrain your broth into a pipkin, and put in your Chickens; and skim them as cleare as you can; and put in a piece of Butter, and a good deal of Sogrell, and so let them boile; and put in all manner of Spices, and a little Verjuice; and a few Barberies; then cut a Lemmon in pieces, and scrape a little Sugar upon them, and lay them upon the Chickens when you serbe them up, and lay sops in the dish.

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Another way to boile Chickens.

You must straine your broth into a pipkin, and set it a boiling, and skim it, putting in a piece of Butter and Endibe, and so let it boile with a few Currans, and all manner of Spices, and so serbe it on sops.

To boile a Neats tongue.

INptimis, in faire water and salt, then peelee it, and cut it in the middle; and then boile it in red wine, and fill it full of Cloves, and a little Sugar, and then wash it with a little sweet broth to do away the sent of the wine; and you must make a little red Mustet with red wine & Razines boiled together; then straine it, and strain a little Mustard in a fine clout together, and so serbe it.

To boile a Pigs petitoes.

Take and boile them in a point of Verjuice and Bastard, take foure Dates minced with a few small Raisons; then take a little Time and chop it small, and season it with a little Cinamon and Ginger, and a quantity of Verjuice.

To boile a Coney.

You must boile your Coney, and straine your sweet broth in a pipkin, and put in your meat; skimme it as cleane as you can and put in a good deale of Endibe, and cut it a little

a little and a good piere of Butter, and all kinde of spices, and a little Veriupce, and so serbe it on soppes.

To smere a Coney.

TAke the Cibers and boyle them, and chip it, and sweet Hearbs, Apples, and the yolkes of hard Egges, and chop them all together, and Currans, Sugar, Sinamon, Ginger and Parsly, and fill the Cony full thereof; then put her into the sweet broth, and put in sweet Butter; then chop the polk of hard Egges, Sinamon, Ginger, Sugar, and cast it on the Cony, when you serbe it up season it with salte, serbe it on sopps, and garnish it with fruit.

To boyle Conyes.

TAke a Coney and parboyle it a little, then take a good handfull of Parsly and a few sweet Hearbs, and the yolks of foure hard Egges, chop them all together, then put in Pepper and a few Currans, and fill the Conyes belly full of Butter, then brich hir head betwene her hindr-legs, but break her not, and put her into a faire earthen pot with Mutton broth, and the rest of the stuffe roste it up round, and put it in towball, and so boyle them well together, and serbe it with soppes.

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To boile a Capon.

Put the Capon into the poloder bafe pot, and when you thinke it almost tender, take a little pot and put therein halfe water and halfe Wine, Marroto, Currans; Dates, whole Pace, Veriupce, Pepper, and a little Lime,

Another way to boile a Capon.

Seathe the Capon it selfe in water and salt, and nothing else; and to make the broth, take strong broth made with Bafe oz Mutton broth, so that it be strong broth and put into it Rosemary, Parsly, Lime, with foure leaues of Sage, this let seeth in it a good while, and then put into it small raisins and a few whole Pace. A quarter of an houre before it be ready to be taken from the fire, have ready sodden foure oz fife eggs boiled hard, take nothing out but the yolks strain the Egges with a little of the same broth and veriupce, take a little marrow cut in small pieces, and if that time of peere do serbe, take the best of Lettice, cutting of the tops to the best, and take a few Pzones with 2. or 3. Dates. Thus let it seeth a quarter of an houre or more, & when it is ready to take up have your dish with sopps ready; & the water well strained out of the Capon, and

and then season the broth with a little Pepper; then take it and dish it and scrape upon it a little Sugar, laying the Prunes round about the dish.

To boile a Capon with Sirrop.

Boyle your Capon in sweet broth, and put in grosse Pepper and whole Mace into the Capons belly, and make your sirrop with Spinage, white wine and Currans, Sugar, Saffron and Ginger, and sweet Butter, and so let them boile; and when your Capon is ready to serbe put the sirrop on the Capon, and boile your Spinage before you make your sirrop.

To boile a Capon with Oranges and Lemmons.

Take Oranges and Lemmons pilled, and cut them the long way and if you can, keep your Cloves whole, and put them into your best broth of Mutton or Capon, with Prunes or Currans, and three or foure dates, and when they have bene well sodden, put whole Pepper, great Mace, a great piece of Sugar, some Rose-water, and either white or Claret Wine, and let all these seeth together a while, and serbe it upon soppes with your Capon.

To boile a Capon in white broth with Almonds.

Take your Capon with Marrow bones, and set them on the fire, and when they be clean skimmed, take the fattest of the broth and put in a little pot with a good deale of Marrow, Prunes, Raisins, Dates, whole Mace, and a pint of white Wine; then blanch your Almonds and straine them both them thicken your pot, and let it seeth a good while, and when it is enough, serbe it upon sops with your Capon.

To boile a Capon in white broths

Take a good Capon and scalde him, then trusse him, and when he is faire washed, put him into your pot, and take a good Marrow bone or two, or if you have no Marrow bones, take a neck of Mutton, and when your Capon is halfe boyled, take a pottle of the uppermost of your broth and put it into a faire Posnet, then take two handfuls of fine Currans, and eight Dates, cut every one of them in four pieces, a four or five whole Mace; foure spoonfuls of Theriuyce, and so much Sugar as an Egge; a little Lime, and a little Parsley, and a little Margerum, and if you have no Margerum, then one small spig
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of Rosemary, binde all your hearbs fast together, and when you have clean washed them, put to the said hearbs Sugar, Currans, Mace, and Marjoryce into your Posnet, and a grated Nutmeg, and let them boyle all together, and when it is almost enough, have a small handfull of Almonds, blanched, beaten and strained with a little of the same liquoz, and put that into your broth a good quarter of an houre before you take it up, and that will make it white; you must also put in some good pieces of marrow, and let not the marrow and the Dates seeth above halfe an houre, you must take a good handfull of Rumes, and tye them in clean clothes, and seeth them in the broth where the Capon is when you take up your Capon to serbe it in, lay a few sippets in the bottome of your platter, and lay a few Rumes and Barberies both about the hym of the platter, and also upon the Capon; you may boyle Chickens in the like sort.

To boyle Pigeons in black-broth.

First roast them a little, then put them in an earthen pot, with a little quantitie of sweet broth, then take Onions and slice them, and set them on the coales with some Butter, to take away the scent of them, put them

them into the Pigeons, and leaze it with a tosse of Bread crutne with Vineger; then put some sweet Hearbs halfe cut, and Sinamon, Ginger, and grosse Pepper, let them boyle, season them with Salt, serbe them upon sops, and garnish them with Sewit.

To boyle Muggets.

First parboyle them, and take White and chop them both together, and put Currans, Dates Sinamon, Ginger, Cloves and Mace, grosse pepper, and Sugar if you will, two or three yolkes of Egges, and seeth them together with salt, and put in the stiffe into the Caboles of Mutton; then put them in dishes, and take two or three Egges white and all, and purring them on teh Caboles, and make some pretty sauce for them.

To boyle Pye-Meat.

Take a legge of Mutton, and mince it very fine with sewit, and seeth it in a little pan or an earthen put with Butter, and season it with Cloves and Mace, great Reasons Rumes and Salt, and serbe it in a dish; and if you will put in some juce of Oranges, laying halfe an Orange upon it.

To make boyled Meat after the French manner.

Take Pigeons and larde them, and then put them on a Broach, and let them bee halfe roasted, then take them off the Broach, and make a Pudding of sweete hearbes of ebery sort a good handfull. and chop Ore white amongst the hearbes very small, and take the yolkes of five oz fire egges. and grated bread and season it with Pepper Sinamon and Ginger. Cloves and Mace, Sugar and Currans, and mingle all together, and then put the stuffe on the Pigeons, round about, and then put the Pigeons into the Cabbedges that be parboyled. and binde the Cabbedge fast to the Pigeons, and then put them into the pot where you meane to boyle them; and put in Beefe broth into them and Cabbadges chopped small, and so let them boyle, and put in Pepper, Cloves and Mace, and prick the Pigeons full of Cloves before you put the Pudding on them, and put a peece of butter Sinamon and Ginger, and a little Winegar and white Wine, and so serbe them up, and garnish them with fruit, and serbe one in a dish, and put a little of the broth you must put into the dish, when you serbe them up.

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To boyle Teales.

Take sweet broth and Onyons, and sized them and Spinage; then put in Butter and Pepper and leppe it with tostes of bread, with a little Veriuyce, and so serbe it on soppes.

To boyle Plovers.

You must straine your sweet broth into a pipkin, and set them on the fire, and when they boyle you must skim them, then put in a piece of Butter, and a good deale of Spinage, and a little Parsly. and a piece of Carret root cut very small, and a few Currans, and so let them boyle; and all manner of Spices, and a little white Wine, and a little Veriuyce, and so serbe them upon soppes.

To boyle Quales.

First, put them into a pot with sweet broth, and set them on the fire, and then take a Carret root and cut it in pieces, and put it into the pot; then Parsly with sweet Hearbs, and chop them a little, and put them into the pot, then take Cinamon, Ginger, Nutmegs and Pepper, and put in a little Veriuyce, and so season it with Salt; serbe them upon soppes, and garnish them with fruit.

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To boyle Larkes.

Take sweet bread, and straine it into a pipkin, then set it on the fire, and put in a piece of Butter, skum it as cleane as you can, and put in Spinage and Endive, cut it a little and so let it boyle; then put in Pepper, Cloves, Mace, Sinamon, Ginger, and a little Merjupce, and when you serbe them up, lay sops in the dish.

To make a Mortis.

Take Almonds and blaunch them, and beate them in a morter, then boyle a Chickin, and take all the flesh off him and beate it, and straine all together with milke and water, and put them into a pot, and put in Sugar, and stirre them still, and when it hath boyled a good while, take it off, and set it a cooling in a payle of water, and straine it againe with Rose-water into a dish.

For Sten'd Meates.

To stew Steakes between two Dishes.

You must put Parsly, Currans, Butter, Merjupce, and 2. oz. yolkes of Egges, Pepper, Cloves and Mace, and so let them boile together, and serbe them upon sops.

To

To stew Steakes of Mutton.

Take a piece of Mutton and cut it in pieces, wash it very cleane, and put it into a faire pot with Ale, or with halfe wine; then make it boyle, and skim it cleane, and put into your pot a faggot of Rosenary and Linie; then take some Parsly picked fine, and some Onyons cut round, and let them all boyle together; then take Prunes, Raisins, Dates and Currans, let it boyle all together, and saason it with Sinamon Ginger, Nutmegs, two or three Cloves and salt, and so serbe it on sops and garnish it with fruit.

To stew Calves feet.

Take Calves feet faire blanced, and cut them in the halfe, and when they be more then halfe boyled, put to them great Keasins. Mutton broth, a little Saffron and sweet Butter, Pepper, Sugar, & some sweet Hearbs finely minced. boyle Calves feet, Sheeps feet, or Lambs feet with Mutton broth, sweet Hearbs and Onyons chopped fine, Butter and Pepper, and when they boyle take the yoke of an Egge and straine it with Merjupce, and so serbe it.

To stew a Mallard.

Take a Mallard and feede him in faire water, with a good Marie-bone, and in

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Cab.

Cabbage-boozt oz Cabbage-lettice, oz both oz some Parsnop rootes and Carret rootes; and when all these be well sodden, put in Prunes enough, and three Dates, and season him with Salt, Cloves and Mace, and a little Sugar and Pepper, and then serbe it forth with sippets, and put the marrow upon them, and the Dates quartered then the Prunes, and the roots cut in round slices, and lay them upon the sippets also, and the Cabbage leaves lay upon the Gallard.

To shew a Cock.

You must cut him in six pieces, and wash him cleane: then take Prunes, Currans, and Dates cut very small, Reasons of the Swane, and Sugar beaten very small; Sinnamon. Ginger and Nutmegs likewise beaten, and a little Gardenhaire cut very small; then you must put him in a Pipkin, and put in almost a pint of Muscadine, and then your Spice and Sugar upon your Cock, and put in your fruit betwene ebery quarter, and a pease of Cold betweene ebery piece of your Cock; then you must make a Lid of Wood fit for your Pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in; and then you

you must fill two brosse pots, so that the phins sette touch not the braise pot bottomne usz the pot sides, and so let them boyle 24 heures, and fill up the pot still as it boyles away with the other pot that stands by, and when it is boyled, take out your Cold, and let him drink it fasting, and it shall help him; this is approved.

To sowce a Pigge.

Take white Wine, and a little sweet broth, and halfe a scoze Nutmegs cut in quarters, then take Rosemary, Bayes, Lime, and sweet Marjorum, and let them boyle together, skim them very clean, and when they be boiled, put them into an earthen pan, and the sirrop also; and when you serbe them, put a quarter in a dish, and the Saies and Nutmegs on the top.

For Roast Meats.

To make Aloes.

Take the Leg of Meele oz Mutton, and slice it in thine slices, and lay them in a platter, and cast on Salt, and put thereon the yolkes of ten Egges, and a great sort of small Raisins and Dates finely minced, then take Vineger and a

little Saffron, Cloves and Mace, and a little Pepper, and mingle it together, and potoze it all about it, and then all to worke it together; and when it is thoroughly seasoned put it on a spit, and set Platters underneath it, and baste it with Butter; and then make a sauce with Vineger, Ginger and Sugar, and lay the Aloes upon it, and so serbe it in.

To make a Pudding in a breast of Veale.

Take Parly and Lime, wash them, pick them and chope them small; then take 8. yolkes of Egges, grated Bzead, and halfe a pint of Cream being very sweet; then season it with Pepper, Cloves and Mace, Saffron and Sugar, small Raisins and Salt, put it in and roste it, and so serbe it.

To roste Deares Tongues.

Take Deares Tongues and Larde them, and serbe them with sweet sauce.

To roste a Hare.

Wash her in faire water, parboyle her, then lay her in cold water; then larde her and rost her, and for sauce take red Wine, Salt, Vineger, Ginger, Pepper, Cloves and Mace, put these together; then mince Onyons and Aples, and fry them in a pan; then put pour sauce to them with a little Sugar, and let them

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boyle together, and then serbe it.

Another way to roste a Hare.

You must not cut off her head, feet nor eares but make a Pudding in her belly, and put paper about her eares that they burne not; and when the Hare is roasted, you must take Sinnamon and Ginger, and grated Bzead, and you must make very sweet sauce; then put in some Warberries, and let them boyle all together.

To roste a Carpe or Tench with a Pudding in his belly.

Take the Bones of a Pipe and chope them very small, then put in grated Bzead two or three Egges, Currans, Dates, Sugar Sinnamon, Ginger, Mace, Pepper and Salt, and put him on a broach, and make sweet sauce with Warberries or Lemmons minced, and when the Carpe is roasted, put it on the Carpe, and so serbe it up.

A sauce for a Cony.

Cut Onyons in rundels, and fry them in Butter, then put to them wine Vineger, Salt, Ginger, Camomil and Pepper, and a little Sugar, and let it boyle till it be good and fast, then serbe it upon the Cony.

For

For Bak'd Meats.

To bake a Gammon of Bacon.

Take a Gammon of Bacon, waite it five daies, and parboyle him halfe enough, and lay him in presse; then take the swerde of him and stiffe him with Clobes, and season him with Pepper and Safran, and closed up in a standing Pye, bake him, and so serbe him.

To bake a Gammon of Bacon to keepe cold.

You must first boyle him a quarter of an houre before you stiffe him, then stiffe him with sweet Hearbs and hard Egges chopped together, or Parsly.

To bake a fillet of Beef to keepe cold.

Mince him very small, and seth him with Pepper and Salt, and make him up together accordingly and put them into your Pye, and larde them very thick.

To bake fillets of Beef, or clods, in stead of red Deere.

First take your Beef, and larde it very thick, then season it with Pepper and Salt, Sinamon and Ginger, Clobes and Mace good store, with a great deale more Quantity

quantity of Pepper and Sault, then you would a piece of Venison: then cobtr it up in Paste and when it is baked take Vinegar, Sugar, Sinamon and Ginger, and put in it; then stike the Pastie, and stop it close, and let it stand almost a fortnight before you cut it up.

To bake a Neates tongue.

First powder the Tongue three or foure daies, and then seth it in faire waier, then blanch it and lard it, and season it with a little Pepper and Salt, then bake it in Pye paste and before you close up your Pye, strew upon the Tongue a good quantity of Clobes and Mace beaten into powder, and upon that haife a pound of Butter, then close up your Pye very close, and make a round hole in the top of the Pye. When when it hath stood more then foure houres in the Oven, you must put in halfe a point of Vinegar or more, and while the Vinegar is sharpe close up the hole very close with a piece of paste, and so set it into the Oven againe.

To make a Pye to keepe long.

First parboyle your flesh and presse it, and when it is pressed season it with Pepper and Salt whilst it is hot, then larde it, make your

pour paste of Rie flower, it must be very thicke, or else it will not hold, when it is seasoned and larded, lay it in your Pie; then cast on it before you close it a good deale of Cloves and Mace beaten small, and throngh upon that a good deale of Butter, and so close it up; you must leaue a hole in the top of the lid, and when it hath stood two houres in the Oven, you must fill it as full of Vineger as you can; then stop the hole as close as you can with paste, and then set it into the Oven againe; your Oven must be very whole as at first, and your Pies will keepe a great while, the longer you keepe them the better they will be: when they be taken out of the Oven and almost cold, you must shake them betweene your hands, and set them with the bottome upward, and when you set them into the Oven; take great heed that one pie touch not another by more then ones hands breath: Remember also to let them stand in the Oven after the Vineger be in two houres and more.

To bake Calves feet.

TAke Calves feet and boyle them, and chop them fine, and a pound of White, and chope it with them: then chope an Onion small, and put in them; then take Prunes, Dates

Dates and Currans and put to them, season them with Pepper, Nutmegs, and a little large Mace, then put in some Egges; and stirre it all together, and put it into a Pie, and let it bake two houres, then put in a little Veriuyce and Sugar, and so serbe it.

Another way to bake Calves feet.

SEason them with Salt, Pepper, Butter, and Currans if you will, and when they be baked put in a little white wine and Sugar, or Vineger, and Sugar, or Veriuyce and Sugar.

To bake a Legge of Veale.

TAke a Leg of Veale, and cut it in slices, and beate it with the back of a knife, then take Lime, Margerum, Penierall, Sabery, and Parsly, and one Onyon, chop them all together very small; then breake in some Egges whites and all, and puting in your Herbs, season it with Pepper, Nutmegs, and Salt, and a little Sugar; then stir them altogether, and so wrapt them up like Aloe, and cast a few Currans and Dates, with Butter amongst them.

Another bak't Meat.

TAke two pound of White, and a little Veale, and mince it together, then take a little Penierall, Sabery, Margerum, and unles

unſet Lokes, chop them fine, and put in ſome Egges, and ſome Cream: then ſtirre it all well together, and ſeaſon it with Pepper, Nutmegs and Salt, then put it into the Pye, and cut the Lid, and let it bake till it be dry, then ſerbe it.

To bake a breſt of Veale,

TAke and break the bones thereof in the middeſt, and parboyle him; then take out the bones, and ſeaſon him with Pepper and Salt, and lay him in the coffin with a little ſweet Butter, and cloſe him up; then make a Catole of the yolkes of Egges, and ſtraine it, and then boyle it on a Chafing-diſh of coles, and ſeaſon it with Sugar, and ſo put it in the Pye, and ſet it into the Oven againe.

To bake a Legge of Lambe.

TAke a Legge of Lambe, and cut out all the fleſh, and ſave the ſkin whole; then mince it fine, and White with it; then put in grated Bread, and ſome Egges whites and all, and ſome Dates and Currans; then ſeaſon it with ſome Pepper, Sinamon, Ginger, and ſome Nutmegs, and Carrawayes, and a little Cream, and tamper it altogether then put it into the Legge of Lambe againe and let it bake a little beſore you put it into your

your Pye, and when you have put it into your Pye, then put a little of the Pudding about it, and when it is almoſt baked, then put in Marjage, Sugar, and ſweet Butter, and ſo ſerbe it.

To bake a Turkie, and take out his bones.

TAke a fat Turkie, and after you have ſcaled him and waſhed him clean, lay him upon a faire cloth, and ſlit him thorowout the backe, and when you have taken out his garbage, then you muſt take out his bones ſo bare as you can; when you have ſo done waſh him cleane, then truſſe him, and pick his backe together, and ſo have a faire kittle of ſeething water and parboyle him a little; then take him up that the water may run cleane out from him, and when he is cold, ſeaſon him with Pepper & Salt, and then pick him with a few Cloves in the beſt, and alſo drabe him with Larde if you like of it, and when you have made the coffin and laid your Turkie in it; then you muſt put ſome Butter in it, and ſo cloſe him up in this ſort you may bake a Goſe, Pheasant or Capon,

To

A Booke of
To bake a Coney.

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Seaſon him with Pepper and Salt, and put in Butter and Currans, and when it is baked, put in a little Verjuſce and Sugar into the Pye, and ſerue it up.

To bake Conyes,

Habe ſine Paſte ready, waſh your Conyes hand parboyle them, and caſt them into cold water; then ſeaſon them with Salt and Ginger, lay them into the Paſte, and upon them lay leached ſarde, cloſe them and bake them.

To bake a Hare

Take your Hare and parboyle him, and mince him and then beat him in a mortar very fine, Liber and all if you will, and ſeaſon it with all kinde of Spices and Salt, and doe him together with the yolkes of ſeaven or eight Egges, and when you have made him up together: drate ſarde very thicke thow him, and mingle them all together, and put him in your Pie and put in Butter beſore you cloſe him up.

To bake a Kidde.

Take your Kidde and parboyle him, and waſh it in Verjuſce and Baſſon, and ſeaſon it with Pepper, Salt and a little Pace, then lay it in your coſſin with ſweet Butter, and

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and the Liquor it was ſeaſoned in, and ſo bake it

To make a Veale Pyc.

Let your Weale boyle a good while, and when it is boyled, mince it by it ſelfe, and the white by it ſelfe, and ſeaſon it with Salt, Pepper, Sinamon, Ginger, Sugar, Cloves and Pace, and you muſt alſo have Quens, Raiſins, Dates and Currans on the top.

To make Mutton Pyes.

Mince your Mutton and your White together, and when it is minced, ſeaſon it with Pepper, Sinamon, Ginger, Cloves, Pace, Quens, Currans, Dates, Raiſins, and hard Egges boyled and chopped very ſmall, and throw them on the top, and ſo bake it.

To bake a Mallard.

Take three or foure Onions and ſtampe them in a Morter, then ſtraine them with a ſaucer full of Verjuſce; then take your Mallard and put him into the juce of the ſaid Onions, and ſeaſon him with Pepper and Salt, Cloves and Pace; then put your Mallard into the Coſſin with the ſaid juce of the Onions, and a good quantity of Winter Sabozie, a little Time and Parsly chopped
small

small, and sweet Butter, to close it up, and bake it.

To make a Pye of Humbles.

Take your Humbles being parboyled and chop them very small with a good quantity of Butten fetter, and halfe a handfull of these Herbs following: Time, Marjerum, Borage, Parsly, and a litte Rosemary, and season the same, being chopped with Pepper, Cloves and Mace, and so close your Pye and bake him.

Another way to bake the Humbles
of a Deere.

Mince them very small, and season them with Pepper, Sinamon, Ginger and Sugar if you will, and Cloves, Mace, Dates and Currans, and if you will mince Almonds and put unto them; and when it is baked, you must put in fine fat, and put in Sugar, Sinamon and Ginger, lettng it boyle, and when it is minced put them together.

To bake a Red Deere.

Take a handfull of Time, and a handfull of Rosemary, a handfull of winter Savery, a handfull of Bay-leaves, and a handfull of Fennell, and when your liquor ferbs that you parboyle your Venison in, put in your Herbs also, and parboyle your Venison un-

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till it bee halfe enough; then take it out and lay it upon a faire brood that the water may runne out from it; then take a Knife and picke it full of holes, and while it is warme, have a faire Tray with Vinegar therein, and so put your Venison therein from morning untill night, and eber now and then turne it upside downe, and then at night have your Coffin ready, and this done, season it with Sinamon, Ginger, Turneggs, Pepper and Salt, and when you have seasoned it, put it into your Coffin, and put a good quantity of sweet Butter into it, and put it into the Oven at night when you goe to bed, and in the morning draw it forth, and put in a saucer full of Vinegar into your Pye, at a hole abobe in the top of it, so that the Vinegar may runne into every place of it, and then stop the hole againe, and turne the bottome upward, and so serbe it in.

To bake Chickins.

First season your Chickins with Sugar, Sinamon and Ginger, and so lay them in your Pye; then put in upon them Gooseberries or Grapes, or Barberies, then put in some sweet Butter, and close them up, and when they bee almost baked, then put in a

C 2

Catoble

Catoble made with hard Egges and white wine,
and serbe it.

Seaſon them with Sale and Pepper, and put
ſput in Butter, and ſo let them bake, and when
they be baked, boyle a few Warberies, Quens
and Currans, and take a little white Wine oz
Meriugee, and let it boyle, and put in a little
Sugar, and ſet it on the fire a little, and ſtaine
in two oz three yolkes of Egges into the Wine;
and when you take the diſh off the fire, put the
Quens, Currans and Warberies into the diſh;
then put them into the Pe of Chickins.

To make Marrow Pyes.

Make fine Paſt, and put in the white of one
Egge and Sugar, and when they are
made in little coffins, ſet them into the Oven
upon a paper a little while; then take them out
and put in Parrobs, and ſo cloze them up and prick
them, and ſet them in againe, and when they
are broken, ſerbe them with blanch powder
ſtrewed upon them.

To bake Pignons.

Seaſon them with Pepper and Salt, and
Butter.

To

To make a Florintine.

Take the kidneys of a lopne of Meale that is
roſted, and when it is cold, ſhred it ſinde,
and grate as it were halfe a Manchet very fine,
and take eight yolkes of Egges, and a handfull
of Currans, and eight Dates finely ſhred, a little
Sinamon and Ginger, a little Sugar, and a lit-
tle Salt, and mingle them with the kidneys;
then take a handfull of fine flower, and 10 yolks
of Egges, and as much Butter as two Egges,
and put into your flower, then take a little ſeth-
ing liquoz and make your Paſte, and drie it a-
broad very thine; then ſtroke your diſh with a
little Butter, and lay your paſte in a diſh, and fill
it with your Wheat; then dzaw another ſheet of
Paſt thinne and cobet it withall, cut it hand-
ſomely upon the top, and by the ſides, and then
put it into the Oven, and when it is halfe baked
dzaw it out, and take two oz three feathers, and
a little Roſewater, and wet all the Cober with
it, and have a handfull of Sugar finely beaten,
and ſtrew upon it; and ſee that the Roſewater
wet in every place, and ſo ſet it in the Oven a-
gaine, and that will make a faire Ice upon it;
if your Oven be not hot enough to reare up your
Ice, then put a little fire in the Ovens mouth.

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To

To make Butter Paste.

Take flower, and seaven or eight Egges, cold Butter, and faire water, or Rose-water, and Spices if you will; then make your Paste, and beate it on a boord, and when you have so done, divide it into two or three parts and dize out the piece with a rowling Pinne, and doe with Butter one piece by another, and then fold up your Paste upon the Butter and dize it cut againe, and so doe five or sixe times together, and cut some for bearings, and put them into the Oven, and when they bee baked scarpe Sugar on them, and so serbe them up.

To make good Resbones.

Take a quart of fine Flower, lay it upon a fine boord, and make a hole in the middst of the Flower with your hand, and put a spoonfull of Ale yeast thereon, and ten yolkes of Egges, and two spoonfulls of sinamon, and one of ginger, one of Cloves and Mace, and a quartern of Sugar finely beaten, a little Saffran, and halfe a spoonfull of salt; then take a dish full of Butter, melt it, and put into your Flower, and therewithall make your Paste, as it were for a Panchet, and moid it a good while, and cut it in pieces of the bignesse of Duckes Egges.

and

and so molde every piece as a Panchet, and make them after the fashion of an Inchbogne broad above, and narrow beneath; then set them in the Oven, and let them bake three quarters of an houre; then take two dishes of Butter and clarify it upon a soft fire; then draine it out of the Oven, and scarpe the bottome of them faire and cleane, and cut them oberthwart in foure pieces, and put them in a faire Charger, and put your clarified Butter upon them, and have Sinamon and Ginger ready by you, and sugar beaten very small, and mingle all together; and ever as you set your pieces together, cast some of your sugar, sinamon and Ginger upon them; when you have set them all up; lay them in a faire platter, and put a little Butter upon them; then cast a little Sugar on them, and so serbe them.

To make a Vaunt.

Take marrow of Weese, as much as you can hold in both your hands, cut it as bigge as great Dice, then take Dates and cut them the bignesse of small Dice, and then take some forty Prunes, and cut the fruit from the stones; then take halfe a handfull of small Raisins, wash them cleane and pick them, and put your marrow in a faire

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platter

platter and your Dates, Quens and small Raisins; then take twenty yolkes of Egges, and put in your stufte before rehearsed; then bake a quartern of Sugar or more, and beat it small, and put in your marrow; then take two spoonfulls of Cinamon and a spoonfull of Ginger, and put them to your stufte, and mingle them together; then take eight yolkes of Egges, and foure spoonfulls of Rosewater, straine them and put a little Sugar in it; then take a faire frying panne, and put in a little piece of Butter in it, as much as a Walnut, and set it upon a good fire, and when it looketh almost blacke, put it out of your panne, and as fast as you can, put halfe of your Egges in the midst of your panne, and fry it yellowe, and when it is fryed, put it into a faire dish, and put your stufte therein, and spread it on the bottome of your dish, and then make another Waunt eben as ye made the other, and set it upon a faire boord, cut it in pretty pieces, of the length of your middle finger, as long as your Waunt is, and lay it upon your stufte, after the fashion of a little Window, and then cut off the ends of them, as much as lyeth without the inward compasse of the dish; then set the dish within the Oven, or in a baking pan, and let it bake with leisure, and when it is baked enough, the Parrots will come faire out of the Waunt

to the brim of the dish; then draine it out and cast a little Sugar on it, and so serbe it in.

To make a Sirrop for bak'd Meats.

Take Ginger, Cloves and Mace, and Nutmegs, beat all these together very fine, and boyle them in good red Vinegar, untill it be somewhat thick, this being done, draine your Pye when it is hard baked, and a small hole being made in the cover thereof at the first, with a Tunnell of Paste you must powze the sirrop into the Pye, that done cover the hole with Paste, and stop the Pye well, and set it againe in the Oven, till it be wholly baked, and when you have draine it turne the bottome untill it be serbed.

To make fine Cracknels.

Take fine Flower and a good quantity of Eggs as many as will supple the flowers, then take as much Sugar as will sweeten the paste, and if you will not be at the cost to raise it with Egges, then but thereto sweet Water, Cinamon, and a good quantity of Nutmegs and Mace, according to your bread; take a good quantity of Anniseeds, and let all

this

this be mingled with your Flower, and at the putting in your Egges or other moisture; then set on your water, and let be at seething before you put in your Cracknels in it, they will goe to the bottome, and at their rising take them out and dry them with a cloth, then bake them.

To make fine Bisket bread.

Take a pound of fine Flower, and a pound of Sugar, mingle it together, and a quarter of a pound of Anniseeds, foure Egges, two or three spoonfulls of Rosewater, put all these into an earthen Panne, and with a slice of Wood beat it the space of two houres, then fill your molds halfe full; (your molds must be of Lime) and then set into the Oven, your Oven being so hot as it were for Cheat bread, and let it stand one houre and a halfe; you must annoynt your moldes with Butter before you put in your stuffe, and when you will use any of it, slice it thinne, and dry it in the Oven, your Oven being no hotter then you may abide your hand in the bottome,

Another to make fine Bisket bread.

First, take halfe a Pecke of fine white flower, also eight new layd Egges, the whites and yolkes beaten together; then put the

the said Egges into the Flower, then take eight Ozaines of fine Space and stamp it in a mortar; then put halfe a pinte of best Damaske-water, or else Rose-water into the Space, and mingle it together, and put it into Wine or Muscadine, but Muscadine is better, and put it into the Flower; also one ounce of good Anniseeds clean picked, and put therein, and so to worke them all together into a Masse, as ye doe bread, and then make your Biskets into what fashion you thinke best, and then put them into an Oven, and bake them harde if you will keepe them long: or else but indifferent: If you will have it candide, take Rosewater and Sugar, and boyle them together till they be thicke, and so like slices of of bread, set it hot in the Oven untill the same be candide.

To make fine Bread.

Take halfe a pound of fine Sugar well beaten, and so much Flower, and put thereto the whites of foure Egges, and being very well beaten, you must mingle them with Anniseeds bruised, and being all beaten together, put it into your molde, melting the same ober first with a little Butter, and so set it in the Oven, then turne it twice or thrice in the baking.

To

For Tarts.

To make all manner of Fruit
Tarts.

You must boyle your Fruit, whether it be the Apple, Cherry, Peach, Damson, Pear, Mulberry, or Codling in faire water, and when they be boyled enough; put them into a bosome, and bruisse them with a Ledle, and when they be cold straine them, and put in red Wine, or Cleret Wine, and so season it with Sugar, Sinamon and Ginger,

To make a Tart of Custards.

You must take halfe a hundreth of Custards and pare them, and cut them, and as soon as you haue cut them, put them into a pot, and put in two or thre pound of Sugar, and a pint of Water, and a little Rose-water, and stirre them from the time you put them in, untill the time you take them out againe; or else you may also put it into a dish, and when your Tart is made, put it into the Oven, and when it is baked, endoze it with Butter, and thow Sugar on the top, and then do on your sauce, and set Comets on the top, and so serue it up.

To

To make a Tart of Wardens.

You must bake your Wardens first in a Pye, and then take all the Wardens and cut them in foure quarters, and coare them, and put them into a Tart pinched, with your Sugar, and season them with Sugar, Sinamon and Ginger, and set them in the Oven, and put no cober on them; but you must cut a cober, and lay on the Tart when it is baked, and Butter the Tart on the cober too, and endoze it with Sugar,

To bake Quinces, Peares or
Wardens.

Take and pare and coare them, then make your Paste with faire water and Butter, and the yolke of 1 Egge, then set your Quinces into the Paste and then bake it well, fill your Paste almost full with Sinamon, Ginger and Sugar, Also Apples must be taken after the same sort, sating that whereas the coze should be cut out they must be filled with Butter every one; the hardest Apples are best, and likewise are Peares and Wardens, but no ne of them all but the Wardens may be harboyled, and the Oven must be of a temperate heate: for two houres to and is enough.

To

To make a close Tart of green Pease.

Take halfe a peck of greene Pease, shaille them and seeth them, and cast them into a Cullender, and let the water run from them, then put them into the Tart whole, and season them with Pepper, Saffron and Salt, and a dish of Sweet Butter: close and bake him almost an houre; then draine him, and put to him a little Meriugce, and shake them and set them into the Oven againe, and so serbe it.

To make a Tart of Rice.

Boyle your Rice and put in the yolkes of two or three Egges into the Rice, and when it is boyled, put it into a dish and season it with Sugar, Sinamon, Ginger and Butter, and the iurce of two or three Oranges, and set it on the fire againe.

To make a Tart of Prunes.

Put your Prunes into a pot, and put in Red Wine or Carret Wine, and a little faire water, and stirre them now and then, and when they be boyled enough, put them into a bolle, and straine them with Sugar, Sinamon and Ginger.

To make a Tart of Medlers.

Take Medlers that bee rotten and stamp them, then set them upon a Chafingdish with

with coales, and beate in two yolkes of Egges, boyling till it be somewhat thick; then season them with Sugar, Sinamon and Ginger, and lay it in Paste.

To make a Tart of Damsons.

Take Damsons and seeth them in wine, and straine them with a little Cream; then boyle your Masse over the fire till it be thicke; put thereto Sugar, Sinamon and Ginger, but set it not into the Oven after, but let your paste be baked before.

To make a close Tart of Cherries.

Take out the stones, and lay them as whole as you can in a Charger, and put Mustard, Sinamon and Ginger into them, and lay them into a Tart whole, and close them; then let them stand three quarters of an houre in the Oven, and then make a sirrop of Muscadine, and Damaske water and Sugar, and so serbe it.

To make a Tart of Strawberries.

Take Strawberries and wash them in Carret Wine, thicken and temper them with Rose-water, and season them with Sinamon, Snger and Ginger, and spread it on the Tart, and endoze the sides with Butter, and cast on Sugar and Biskets, and serbe them so.

To

To make a Tart of Strawberries.

Wash your Strawberries, and put them in to your Tart, then season them with Sugar, Sinamon and Ginger, and put in a little red wine into the

To make a Tart of Hyppes.

Take Hyppes and cut them, and take the seed out, and wash them very cleane, and put them into your Tart, and season them with Sugar, Sinamon and Ginger.

Likewise so you must preserve them with sugar, sinamon and Ginger, and put them into a Glass pot close.

To make a Tart of Spinage.

Boyle your Egges and your Creame together, and then put them into a bosome, and then boyle your Spinage, and when they are boyled, take them out of the water and straine them into your stiffe, before you straine your Creame; boyle your stiffe, and then straine them all againe, and season them with Sugar and Salt.

Another way to make a Tart.
of Spinage.

Take Spinage and seeth it stalks and all, and when it is tenderly sodden, take it off, and let it draine in a Collender, and then swing it in a cloth, stampe it and straine it with

with two or three yolkes of Egges, and then set it on a Chafingdish of Coles, and season it with Butter and Sugar, and when the Paste is hardened in the Oven, put in this Comode, and stroke it eben.

To make a Tart with Butter and Egges.

Break your Egges and take the yolkes of them, and take Butter and melt it, letting it be very hot ready to boyle, then put the Butter into your Egges, and so strain them into a bosome, and season them with Sugar and Salt.

To make a Tart of an ear of Veale.

Take two pound of great Raisins, and wash them cleane, pick them, and take the stones out of them; then take two Kidneys of Meale, and a piece of the Legge which is leane and boyle them all together in a pot with the straint of the booth of Button, and boyling it let it boyle the space of an houre; then take it up and chop it fine and temper it with crumbs of Bread finely grated; and take nine yolkes of Egges, temper them all together, and season them with Rinsamon, Ginger, Sugar, small Raisins, great Raisins minced, Dates and Saffron; then take fine Flower and water, and three yolkes of

Egges, Butter and Saffron, and make them like a round Tarte, close with a cover of the same Paste, and set it in the Oven; and let it stand one houre, then take it forth, and endoze it with Butter, and cast on powder of Sinamon, Ginger and Sugar, and so serbe it.

To make a Custard.

Break your Egges into one bowle, and put your Creame into another; then strain your Egges into the Creame, and put in Saffron, Cloves, Mace, and a little Sinamon and Ginger, and if you will, some Sugar and Butter, and stirre it with Salt, and melt your Butter, and stirre it with the Ladle a good while, and rub your Custard with Dates or Currans.

To make Oysters Chewets.

TAke a pecke of Oysters and wash them clean then shuele them, and wash them faire in a Cullender, and when they be sodden, strain the water from them, and chop them as small as Pe-mear; then season them with Pepper, halfe a penny worth of Cloves and Mace, halfe a penny worth of Sinamon and Ginger, and a penny worth of Sugar, a little Saffron and Salt; then take a handfull of small Raisins, small Dates

minced

minced small, and mingle them all together; then make your Paste with one penny-worth of fine Flower, ten pokes of Egges, halfe a penny worth of Butter, with a little Saffron and boyling water; then raise up your Chewets, and put in the bottome of ebery one of them a little Butter, and so fill them with your stufte; then cast Prunes, Dates, and small Raisins upon them and being closed, bake them; let not your Oven be too hot, for they will have but little sabb in; then dresse them, and put into ebery one of them two spoonfull of Rerjuice and Butter, and so serbe them in.

For boyl'd Fish.

To boyle a Breame.

TAke white Wine and put it into a pot and let it seethe, then take your Breame and cut him in the middest and put him in; then take an Onion and chop it small; then take Nutmegs beaten, Sinamon and Ginger, whole Mace, and a pound of Butter, and let it boyle all together, and so season it with Salt; serbe it upon soppes, and garnish it with fruit.

To boyle Muskles.

Take Water and Pease, and a good dish of Butter and Onions chopt, and a little Pepper and when it hath boyled a little while, then see that your Muskles be clean washed, and put them into the broth shels and all, and when they be boyled well, then serbe them broth and all.

To boyle Stock-fish.

Take Stock-fish when it is well watered, and and pke out all the baste cleane from the fish, then put it into a Dish, and put in no more water then will cober it, and set it on the fire, and as soone as it beginneth to boyle on the one side; then turn the other side to the fire, and as soone as it beginneth to boyle on the other side, take it off, and put it into a Cullender, and let the water turne out from it, but put in Salt in the boyling of it; then take a little faire water and sweet Butter, and let it boyle in a dish untill it be something thick, then poyze it on the Stock-fish and serbe it.

To boyle diuers kinds of Fish.

Blet, Conger, Thornbacke, Blayce, fresh Salmon, all these you must boyle with a little faire water and Wineger, a little Salt, and Bayleates, and sauce them in Wineger, with

with a little of the broth that they are sodden in, and a little Salt, and as you see cause shift your sauce as you do Waste in byne. Also fresh Sturgeon, seeth it as is aforesaid, and sauce it as ye did the other, and so you may keepe it halfe a yere with changing of the sauce: And salt Sturgeon, seeth it in water and Salt and a little Wineger; then let it be cold, and serbe it forth with Wineger, and a little Fennell upon it, but first ere ye serb it, it must be watered.

To make black Puddings,

Take great Omeale, and lay it in milke to steep, then take Shaps blood and put to it also take Ore white and mince into it, then take a few sweet Hearbs, and 2 oz thzee Lake blades, and chop them very small, and then put in it the yolkes of some Egges, and season it with Sinamon, Ginger, Cloves, Mace, Pepper and Salt, and so fill them.

To make white Estings.

Take great Omeale steeped in Milke, and put in the yolkes of some Egges, also take Ore white and mince it small, then season it with Sugar, Sinamon, Ginger, Cloves, Mace, Nutt and Salt, and so fill them.

Take Marlinmaſſe Baſe, or if you cannot get it, take freſh Weefe, or the leane of Bacon if you will, and you muſt mince very ſmall that kinde of fleſh that you take, then cut Harde and put into the minced meate, and whole Pepper, and the yolkes of ſeven Egges mingle them all together, and put the meate into a Cut very ſalt, and hang it in the Chimney, where it may dry, and there let it hang a moneth or two before you take it downe.

To make a Sallet of all kinde of
Herbs.

Take your Herbs and picke them very fine into faire water, and picke your flower by themſelves, and waſh them cleane, then ſwing them in a Strainer, and when you put them into a diſh, mingle them with Cucumberſ or Lemmons pared and ſliced, alſo ſcrape Sugar, and put in Vineger and Oyle; then ſpread the flowers on the top of the Sallet, and with ebery ſort of the aforeſaid things garniſh the diſh about; then take Egges boyled hard, and lay about the diſh, and upon the Sallet.

To

To make a Sallet of Lemmons.

Cut out ſlices of the peele of the Lemmons long wayes, a quarter of an inch, one piece from another, and then ſlice the Lemmons very thinne, and lay him in a diſh croſſe, and the Peeles about the Lemmons, and ſcrape a good deale of Sugar upon them, and ſo ſerue them.

For Fry'd Meates.

To fray Bacon.

Take Bacon and ſlice it very thenne, and u t away the Leane, and bzuſe it with the backe of your knife, and fray it in ſweet butter, and ſo ſerue it.

To fry Chickins.

Take your Chickins and let them boyle in very ſweet good broth a pretty while, and take the Chickins out, and quarter them out, in pieces, and then put them into a frying-pan with ſweet butter, and let them ſtew in the panne, but you muſt not let them bee bzoſt with frying, and then put out the butter out of the panne; and then take a little ſweet broth and as much Meriſapce, and the yolkes of two Egges, and beate them together, and put in a little

Putmegs,

Putmegs, Sinamon and Ginger, and Pepper into the sauce, and then put them all into the pan to the Chickens; and stirre them together in the pan; and put them into a dish, and serbe them up,

To make Peascods in Lent:

Take Figges, Raisins, and a few Dates, beate them very fine, and season it with Cloves, Spice, Sinamon, and Ginger, and for your paste fetch faire water and Oyle in a dish set upon coles; put therein saffron, salt, and a little Flower, fashion them then like Peascods, and when you will serbe them fry them in Oyle in a frying pan; but let the Oyle be very hot, and the fire soft for burning of them, and when you make them for flesh dapes, take a fillet of Meale and mince it fine, and cut the yolks of two or three raw Egges to it, and season it with Pepper, salt, Cloves Spice, Honey, suger, sinamon, Ginger, small Raisins or great minced, and for your paste, butter and the yolke of an Egge, and season them, then fry them in Butter as ye did the other in Oyle.

To make Fritter-stuffe.

Take fine Flower, and 3. or 4. Egges and put into the flower, end a piece of Butter, and let them boyle all together in a dish or

Chafar,

Chafar, and put in Sugar, Sinamon, Ginger, and Rose-water, and in the boyling put in a little grated Bread to make it big; then put it into a dish and beate it well together, and so put it into your molde, and fry it with clarified Butter, but your Butter may not be too hot nor too colde.

A Fritter to be made in a molde.

Take Oye white and mince it fine, then take Dates and mince them fine, also take Currans, Egges, white bread grated, and season it with Sugar, Sinamon, Ginger, Cloves, Spice; and Saffron, and stirre it well together; then dibe a thick Cake of paste and lay it in the molde, and fill it with the stuffe, and lay another Cake of Paste upon it, then shake it about and so fry it.

To make Fritters of Spinage.

Take a good deale of Spinage and wash it cleane, then boyle it in faire water, and when it is boyled take it forth, and let the water run from it; then chop it with the backe of a knife, and then put in some Egges and grated Bread, and season it with Sugar, Sinamon, Ginger, Pepper, Dates minced fine, and Currans, and roule them like a ball, and dip them in Butter, made of Ale and Flower.

For

For made Dishes.

To make a pretty dish with Dates, and
the iuyce of two or three
Orenge.

Straine them in a dish, and so make Cham-
bers of paste upon a sticke, put the sticke
upon a loafe of Bzead, add so dry them in the
Oven, then clarifie a little Butter and fry them
in, lay them in a dish, and serbe Sugar on them.

To make a Trifle.

Take a pint of thicke Creame, and season it
with Sugar, Ginger, and Rose-water, and
stirre it as you would, then beate it and make it
like warme in a dish upon a Chasingdish of coles
and after put it into a silver piece or a bowle, and
so serbe it.

To make cast Creame.

Take Milke as it cometh from the Cow,
a quart or lesse, and put thereto rawe
yolkes of Egges, temper the Milke and the
Egges together, then set the same upon a
Chasingdish, and stirre it that it Carde not,
and so put Sugar in it, and it will bee like
Creame of Almonds; when it is boyled thicke
enough, cast a little Sugar on it, and sprinkle
Rose-

Rose-water thereupon, and so serbe it.

To make Blue-manger.

Take a pinte of Creame, and 12. oz 16.
yolkes of Egges, and straine them into
it, and seeth them well, eber stirring it with a
sticke that is broad at the end, but befoze you
seeth it, put in Sugar, and in the seething taste
of it, that you may if neede be put in more Su-
ger, and when it is almost sodden, put in it a lit-
tle Rose-water that it may taste thereof, and
seeth it well till it be thicke, and then straine it a-
gain if it hath need, or else put it into a faire
dish, and stirre it till it be cold, and take the
whire of all the Egges, and straine them with
a pinte of Creame, and seethe that with Sugar,
and in the end put in Rose-water as into the o-
ther, and seeth it till it be thicke enough, and
then use it as the other, and when you serbe it,
you may serbe one Dish of one, and another of
the other in rolles, and cast on Wiskets.

To make Blue-mangle.

Take all the brain of a Capon, and stamp
it in a mortar fine, and blanched Almonds,
and sometimes put to them Rose-water; then
season it with powder of Sinamon, Ginger and
Sugar, and so serbe it up.

To

To make a Apple moyse.

Roste your Apples, and when they be roasted, pill them and straine them into a dish, and pare a dozen of Apples, and cut them into a Chaffer, and put in a little white Wine and a little Butter, and let them boyle till they be as soft as Pape, and stirre them a little, and straine them to some Wardens roasted and pilled and put in Sugar, Sinamon and Ginger, then make Diamonds of paste, and lay them in the Sunne, and scrape a little Sugar upon them in the dish.

To make a Quinces moyse, for
Wardens moyse.

You must roste your Wardens or Quinces, and when they be roasted, pill them and strain them together, and put in Sugar, Sinamon and Ginger, and put it in a plate, and then smooth it with a knif, and scrape a little Sugar on the top, and marke it finely with a knife.

To make Almond Butter.

Take Almonds and blanch them, and beate them in a Morter very small, and in the beating put in a little Water, and when they be beaten, poyse in Water into two Pots, and put halfe into one, and halfe into another, and put in Sugar, and stirre them

them still, and let them boyle a good while then straine it throught a strainer with Rosewater, and so dish it up.

To make Almonn Butter after the best
and newest fashion.

Take a pound of Almonds or more, and blanch them in cold water, or in warme, as you may have leisure, after the blanching let them lye one houre in cold water; then stampe them in faire cold water as finde as you can: then put your Almonds in a cloth, and gather your cloth round up in your hands, and presse out the iuyce as much as you can, if you thinke they be not small enough, beate them againe: and so get out milke so long as you can; then set it ober the fire, and when it is ready to seeth put in a good quantity of Salt and Rosewater that will turne it, after that is in, let it have one boyling; then take it from the fire, and cast it abroad upon a Linnen cloth, and underneath the cloth, scrape off the Whey so long as it will runne; then put the Butter together into the middle of the cloth, binding the cloth together, and let it hang so long as it will drop; then take pieces of Sugar so much as you thinke will make it sweet, and put thereto a little Rosewater, so much as will melt the Sugar, and so much fine powder

as will melt the Sugar, and so much fine powder of Saffron as you thinke will colour it, then let both your Sugar and Saffron sleepe together in the little quantitie of Rose-water, and with that season up your butter when you will make it.

To make a made dish of
Artechokes.

Take your Artechokes and pare away all the top even to the meat, and boyle them in sweet broth till they be somewhat tender, then take them out, and put them in a dish, and seeth them with Pepper, Sinamon and Ginger, and then put in your dish that you meane to bake them in, and put in marrow to them good store, and so let them bake, and when they be baked; put in a little Vineger and Butter, and sticke three or foure leaves of the Artechokes in the dish when you serbe them up, and scrape Sugar upon the dish.

To make a fresh Cheese and
Cream.

Take a gallon or two of Milke from the Cow and seeth it, and when it doth seeth, put thereunto a quart or two of morning Milke, in faire cleausing pannes in
such

such a place as no dust may fall therein, and this is for your clotored Cream; the next morning take a quart of mornings Milke and seeth it, and when it doth, put in a quart of Cream thereinto, and take it off the fire, and put it into a faire earthen panne, and let it stand untill it be somewhat blood-warme, but first ebery night, put a good quantity of Ginger, with Rose-water, and stirre it together, and let it settle all night, and the next day put it into your said blood-warme Milke to make your Cheese come; then put the Curdes into a faire cloth, with a little good Rose water, and fine powder of Ginger, and a little Sugar, so fasten great soft robes together with a thread, and crush out the Whey with your clotored Cream, and mixe it with fine powder of Ginger, and Sugar, and so sprinkle it with Rosewater, and put your Cheese in a fair dish, and put these clotores round about it; then take a pinte of rawe Milke or Cream, and put it into a Pot, and all to shake it, untill it bee gathered into a froth like Snow, and eber as it cometh, take it off with a spoone, and put it into a Cullender; then put it upon your fresh Cheese, and picke it with Wafers, and so serbe it.

To

To make Marmelet of Quinces.

You must take a pottle of water, and foure pound of Sugar, and so let them boyle, together, and when they boyle, you must skim them as cleane as you can, and you must take the whites of two or three Egges and beate them to froth, and put the froth into the panne for to make the skum to rise, then skim it as cleane as you can, and take off the Kettle, and put in the Quinces, and let them boyle a good while, and when they boyle, you must stirre them still, and when they be boyled enough, you must bare them.

Another Marmelet of Quinces.

Take very good Quinces and pare them, and cut them in quarters; then coare them cleane, but take heede it be not a stony Quince, and when you have pared and coared them, then take two pintes of running water, and put it into a Brazill panne, casting away eight spoonfulls of one of the pintes, then weigh three pound of fine Sugar, and beate it, put it into the water, and make your fire where you may have good light, not in a Chimney; then set on your panne upon a Trebet,

Trebet, and when your Sugar and water beginneth to boyle, you must scum it clean; then put in six spoonfulls of Rosewater, and if there arise any more scum, take it off, and so put in your three pound of Quinces, and let them boyle but softly, and if you see the colour were somewhat deep now and then, with a faire slice by breaking of them, and when your liquour is well consumed away, and the colour of your Quinces to grow fairer, then be still stirring of it, and when it is enough, you shall see it rise from the bottom of your Pan in stirring of it, and so bar it, and you shall have it to be good Marmlet and a very ozient colour. If you will you may put some Musk into it, some Rosewater, and rub your bar withall, it will give a pretty scent, and it is a very good way.

To make Condomack of Quinces.

Take five quarts of running water, and a quart of French wine, put them together, then take Quinces and pare them, and cut them till you come at the Coares; then weigh ten pound of the Quinces, and put them into your Pan of water and wine, and boyle them over a quick fire, till they be tender, keeping your Pan very close covered;

G

then

then take a piece of fine Canbasse, and put your Quinces and liquor in it, and when your sirrop is all run thozob, put in so much fine Sugar as will make it sweet, and set it ober a quick fire again, stirring with a stick till it be so thick that a drop will stand upon a dish; then take it from the fire, and put it in boxes.

To make Manus Christi.

Take six spoonfulls of Rosewater, and grains of Ambergreese, and four grains of Pearls beaten very fine, put these three together in a saucer and cover it close, and let it stand covered one houre; then take foure ounces of very fine Sugar beaten very small, and searce it thozob a fine searce; then take a little earthen pot glazed, and put into it a spoonfull of Sugar, and a quarter of a spoonfull of Rosewater, then let the Sugar and the Rosewater boyle together softly till it do rise and fall againe three times. Then take fine Rye flower and sift it on a smooth board, and with a spoon take off the Sugar, and the Rosewater, and first make it all into a round Cake, and after into little Cakes, and when they be halfe cold, wet them ober with the same Rosewater, and then laying on your gold; so shall you make very good Manus Christi.

The

*The Names of all things necessary for
a Banquet.*

Sugar,	Winamon.	Liquorice.
Pepper,	Nutmegs.	All kindes of
Saffron,	Saunders.	Comfets.
Aniseeds,	Coliander.	Ozenges.
Pomegranet,	Lemons.	Damask wa-
Lozefoly,	Rosewater.	ter.
Prunes,	Kayfins,	Dates.
Currans,	Rye flower,	Cherries
Barberies	Ginger,	conserved.
conserved,	Cloves and	Sweet Ozen-
Pepper white	Spice.	ges.
and frozen.		Wafers.

For your Marchpanes, seasoned and unseasoned Spinages.

For Preserves.

To preserve all kinde of Fruits, that they shall not break in the preserving of them.

Take a Platter that is plaine in the bottom, and lay Sugar in the bottom, then Cherries or any other fruite, and betweene every

every roble you lay, therto Sugar, and set it upon a pots head, and cover it with a dish, and so let it boyle.

To preserve Quinces whole.

Take a pottle of fair water, and put it into a cleane pan, and beat three pound of fine Sugar and put into it, then set it on the fire, and when you have skimmed it, put in twelbe spoonfull of Rose-water; then take ten fair Quinces and pare them, and coar them clean, then put them into your sirrop, and so cover them very close for the space of two hours with a fair platter, and let them boyle a good pace: and at the two hours end uncover them, and look whether you finde them tender, and also that they have a fair crimson colour; then take them up, and lay them upon a fair platter, covering your sirrop again, and letting it sett while it be somewhat thick, then put your Quinces into your sirrop again, and have a fair gally-pot, and put in both your sirrop and Quinces as fast as you can, and cover your pot close that the heat go not forth; also take heed you put them not in a glasse, for it will break.

To

To preserve Pear-plums.

First take two pound and a half of fine Sugar and beat it small, and put it into a pretty brasse pot with twentieth spoonfulls of Rose-water, and when it boyleth, skim it clean; then take it off the fire, and let it stand while it be almost cold; then take two pound of Pear-plums, and wipe them upon a fair cloth, and put them into your sirrop when it is almost cold, and so set them upon the fire again, and let them boyle as softly as you can, for when they are boyled enough, the kernels will be yellow; then take them up, but let your sirrop boyle till it be thick; then put your Plums upon the fire again, and let them boyle a waime or two, so take them from the fire, and let them stand in the bessel all night, and in the morning put them into your pot or glasse, and cover them close.

To preserve Orenge.

You must cut your Orenge in half, and pare them a little round about, and let them lie in water four or five daies, and you must change the water once or twice a day, and when you preserve them, you must have a quart of fair water to put in your Sugar, and a little Rose-water, and

set it on the fire, and scum it very clean, and put in a little Cinamon; then putting in your Oranges, let them seeth a pretty while, and then take them out again, and do so five or six times, and when they be enough, put in your Oranges, and let your sirrop stand till it be cold, and then put the sirrop into your Oranges.

Another way to preserve Orenge.

Chuse out the fairest and the heaviest, that is full of liquoz, and cut them full of little specks; then make a little round hole in the stalk of the Orange, and breake the strings of the meate of the Oranges, and close the meat to the sides of your Oranges with your finger, then will part of the iuyce and kernels come out, and lay them in water three daies and three nights; then take them out, and set a Pan with water over the fire, and when it seethes put in your Oranges, but let them not seeth too fast: then you must have another Panne with water readie seething, to shift the Oranges out of the other water when they have sodden a little while, and so have one Panne after another, to shift them still upon the fire tenne or twelve times, to take away the bitternesse of the Oranges, and you must keepe

keepe them as whole as you can in the boiling, and then take them up by one and one, and lay them upon a Platter the hole being downward, that the water may run the more clearer out of them; then let them stand so untill ye have boyled your sirrop, and then take to ebery two Oranges a pint of water, and a pound of Sugar, let your Sugar be finely beaten before you put it into your liquoz, and looke that the Kettle you boyle them in be sweet Washed; then take ten whites of Egges, and put them into your Kettle with your liquoz and Sugar, and beat your whites of Egges and the liquoz together a good quarter of an houre; then set your liquoz upon a soft fire of coales, and let it seeth so soone as you can, having a faire Scummer and a Cullender readie, and set your Cullender in a faire Basen, and as your whites of Egges rise in Scumme, take them up with your Scummer, and put them into your Cullender, and you shall have a great quantitie of sirrop come from your scumme, throwe your Cullender into your Basen, and that you must take and put it into your Kettle againe, and when your great scumme is off, there will arise still some scummes, which you must take off with a Scummer as cleane as you can,

And when your sirrop hath sodden a pretty while, then put in your Oranges, and let them boyle softly till you think they be enough, and the sirrop must be somewhat thick; then let your Oranges stand all night upon the fire, but there must be nothing but embers, and in the morning take them up and put them in glasses or gally-pots,

To preserve Cherries.

To every pound of Cherries take a pound of Sugar, that done, take a few Cherries, and distrain them to make your sirrop, and to every pound of Sugar and Cherries, take a quarter of a pound of sirrop, and this done, take your sirrop and Sugar and set it on the fire; then put your Cherries into your sirrop, and let them boyle five severall times, and after every boyling scumme them with the backside of a spoon.

To preserve Gooseberries.

Take to every pound of Gooseberries, one pound of Sugar, then take some of the Gooseberries and distrain them; then take the sirrop, and to every pound of Gooseberries take half a pound of sirrop, then set the Sugar and sirrop over the fire, and put in the Gooseberries, and boyle them four severall times, and scum them clean.

To

To distill Waters.

To make Hipocras.

Take a gallon of white Wine, Sugar two pound, of Sinamon 2 d. Ginger 2 d. long Pepper 2 d. Mace 2 d. not bruised, Cloves 2 d. Galigall 1 d. ab. Cloves not bruised, you must bruise every kinde of spice a little, and put them in an earthen pot all day, and then cast them thorow your bags two times or more, as you see cause, and so drink it.

To make Sinamon-water.

Take Rhenish Wine a quart, or Spanish Wine a pinte, Rose-water a pint and a halfe, Sinamon bruised a pound and an halfe, let them stand infused the space of twenty foure hours, then distill it, and being close stopped and luted; then with a soft fire distill the same softly in a Limbeck of glasse, and receive the first water by it self.

Also if you be disposed to make the same water weaker, take three pints of Rose-water, and a pint and a halfe of Rhenish Wine, and so distill the same, and you shall have to the quantity of stiffe, the quantity of the water, which is three pints, but the first is best; and

and so reserue it to your use, both morning and evening.

To make Sinamon water another way.

Take three quarts of Muscadine, and a pound of Sinamon, and halfe a pint of good Rose-water, and so let them lie infused the space of twenty foure hours, and distill it as aforesaid, and you shall receiue to the quantitie as to the qualite, but the first pint is the best and the chiefest of all the other, as is manifested by practise.

To make the Water of Life.

Take Balme leaues and stalkes, Burnet leaues and flowers, a handfull of Rosemary, Turmintill leaues and roots, Rofi Solis a handfull, red Roses a handfull, Carnations a handfull, Hyssop a handfull, Lime a handfull, red strings that grow upon Saboz a handfull, red Fennell leaues and roots a handfull, red Mintes a handfull, put all these hearbes into a pot of earth glased, and put thereto as much white Wine as will cober the hearbs, and let them soake therein eight or nine daies; then take an ounce of Sinamon, as much of Ginger, as much of Nutmegs, Cloves and Sa-

fron

fron a little quantity, and of Anniseeds a pound, great Raisins a pound, of Sugar a pound, halfe a pound of Dates, the hinder part of an old Coney, a good fleshy running Capon, the flesh and sinews of a leg of Mutton, foure young Pigeons, and a dozen of Larkes, the yolkes of twelue Egges, a Loafe of white Bread cut in sippits, Muscadine or Bastard three Gallons, or as much in quantity as will suffice to distill all these together at once in a Limbeck; and thereto put of Melibridatum two or three ounces, or else with as much perfect Treacle, and distill it with a moderate fire, and keep the first water by it selfe, and the second water alone also, and when there cometh no more water with strings, take away the Limbecke, and put into the pot more Wine upon the same stuffe, and still it again, and you shall have another good Water, and shall so remaine good. In the first ingredient of this water, you must keep in a glasse warily, for it is restorative for all principall members, and defendeth against all Pestilentiall Diseases, as against the Palse, Drop-sie, Spleene, Yellow or Black Jaundice, for Wormes in the Belly, and for all Agues, be they hot or cold, and all manner of Swellings, and Pestilentiall sores in man, as Melan-

Melancholly and Flegmatick, and it strengtheneth and comforteth all the spirits and strings of the brain, as the heart, the milt, the liber and the stomach, by taking thereof two or three spoonfulls at one time by it self, or with Ale, Wine or Beer, and by putting a pretty quantity of Sugar therein; also it helpeth discretion, and doth break windes, and stoppeth laske, and bindeth nor; and it mightily helpeth and easeth man or woman of the pain of the heart burning, and so to quicken the memorie of man; and take of this water three spoonfulls a day, in the morning, and another after he goeth to dinner, and the third last at night.

To make Aqua-composita for a Surfet.

Take Rosemary, Fennell, Hyssop, Lime, Sage, Hozebound, of each of those a handfull; Penitriall, red Spints, Margerum, of each six crops, a root of Gaule-Campana, of Liquepice, Annisads beaten, of each two ounces: put all these to three gallons of mighty strong Ale, and put it into a brasse pot ober an easse fire, and set the Limbeck upon it, and stop it close with doloe or palle, that no air do go out, and so keep it stilling with a soft fire, and so preserve it to your use, as need requireth.

Approved

*Approved Medicines for Physick
and Chyrurgery.*

A Medicine for the Megrim, Impostume of the Rhume, or other Diseases in the Head.

Take Bellitoy of Spain, the weight of a groat, and half so much Spigall, beat these into powder; take the tops of Slope, of Rosemary with the flowers three or four leaves of Sage, in the whole of these hearbs one small handfull, boyle all these hearbs with the Spices in half a pint of white Wine, and half a pint of Wineger of Roses, untill one half of the liqour be consumed; then strain forth the Hearbs and set the liqour to coole, and being cold, put thereunto three spoonfulls of good Mustard, and so much Honey as will take away the tartnesse of the Medicine, and when the Patient feleth any paine in his head, take a spoonfull thereof, and put it into his mouth, and hold it a pretty while gargaling, and then spit it forth into a vessel, and so use to take ten spoonfulls at one time in the morning fasting, using this three daies together, when

when they feele themselves troubled with the Ketome: at the fall and spring of the Lease is best taking thereof, and by the grace of God they shall finde ease.

You must keep this same Medicine very close in a glasse, whose goodnesse will last ten daies, and when you take it, warm it as milk from the Cow.

To defend Humours.

TAke Beanes, the rinde of the upper skin being pulled off, bruse them and mingle them with the white of an Egge, and make it stick to the Temples, it keepeth back humours flowing to the eyes.

To make very good Pottage to be used in the morning.

TAke a Chicken and seeth it in faire water, put to it Violet leaves a handfull or two, or else some other good hearbs that you like in the head of them, and so let them seeth together till the Chicken be ready to fall in pieces; then strain it, and cut thin piecēs of Bread and seeth it till the bread be very tender, and then season it with Salt.

And on the Fifth day, seeth the hearbs as before in faire running water, and straine it, and seeth bread as before in it, and season it with Salt, and put in a piece of Butter.

To

To make another Pottage to loose the Body.

TAke a Chicken and seeth it in running water, then take two handfulls of Violet leaves, and a good pretty sort of Raisins of the Sunne, pick out the stones and seeth them with the Chicken, and when it is well sodden, season it with a little salt, strain it, and so serbe it.

To make a Cawle to comfort the Stomack, good for an old man.

TAke a pint of good Muscadine, and as much of good stale Ale, and mingle them together; then take the yolks of twelue or thirteene Eggs new laid, beat well the Eggs first by themselves, and with the wine and Ale, and so boyle it all together, and put thereto a quartern of Sugar, and a few whole Spice, and so stir it well, till it seeth a good while, and when it is well sod, put therein a few slices of bread if you will, and so let it stee a while, and it will be right good and wholesome.

To make strong Broth for sick Men.

TAke a pound of Almonds, and blanch them, and beat them in a Morter very fine,

fine, then take the brains of a Capon, and beat with it; then put into it a little Cream, and make it draw throzow a strainer, then set it on the fire in a dish, and season it with Rose-water and Sugar, and so sir it.

To make Broth for one that is weak.

Take a leg of Meele and set it ober the fire in a gallon of Water, scumming it clean: when you have so done, put in three quarters of a pound of small Rappins, half a pound of Prunes, a good handfull of Burrage, as much of Langbeef, as much Mints, and the like quantitie of Harts tongue; let all these seeth together till all the strength of the flesh be sodden out; then strain it so clean as you can, and if you think the Patient be in any heat, put in Violet leaves and Sabozz, as you do of the other hearbs.

An excellent Drink for the Tislick well approved.

Take a handfull of Fennell roots, as much Parsly roots, as many Alexander roots, halfe a handfull of Borage roots, and put out the pithe of the said rootes; then take halfe a handfull of Pennyriall, as much of Violet leaves, and as much of Cinkfoyle, as much Succory, Cardibe, Hollyhocke Leaves, Wallow

Wallow leaves, and red Garden Mints, of all these the like quantity as of those next before; half a handfull of Liguozice sticks scraped, bruised and beaten to fine powder, a gallon of faire running water, boyle therein all these simples, and boyle these seeds with them, that is, three seconfuls of Anniseeds, as much Fennell seed, the like of Celiander seed, and Cummin seed, a good handfull of Wandelian roots, and so boyle all together, from a gallon to a pottle, and let the Patient drinke thereof first and last, and it will help him in short space, probatum est.

For one that hath drunk Poyson.

Take Betony and stamp it, and mingle it with Water, and the poyson that the party hath drunk will presently come forth again.

To restore Speech that is suddenly lost.

Take Pennyriall, temper it with Apfell, and gibe it to the sick to drinke, and lay also a plaister of it to his nostrils so grieved.

To make a good Plaister for the Strangurie.

Take Hollyhokes and Violets, and Percurie: the leaves of these Hearbs, or the seedes of them, also the rinde of the Elderne Tree, and also leyd wort, of each of these a handfull

handfull, and beat them small, and seeth them in water till half be consumed; then put thereto a litle oyle Olive, and all hot make thereof a plaster, and lay it to the soze and reines: also in the Summer thou must make him a drink in this manner, take Saxifrage and the leaves of Eldern, fife leaved grasse, and seeth them in a pottle of stale Ale, till the half be wasted; then strain it and keep it clean, and let the sick drink thereof first and last, and if you lack these hearbs because of Winter, then take the roots of fife-leaved grasse, and drie them, and make thereof powder; then take Oyster shells and burn them, and make powder also of them, and mingling them together, let the sick use thereof in his Pottage and drink, and it will help him.

To make a Powder for the Stone and Stranguillian.

Take black Bramble Berries while they be red, Thie Berries, the inner pith of the Ash Bejes, the stones of Eglantine Berries cleven rubbed from the haire, Parkejes, the roots of Philopendula, of all these a like quantitie, Acorne kernels, the stones of Sloves, of each a like quantitie, drie all these in Platters in an Oven till they may be beaten to powder, then take

take Gromell seed, Saxifrage seed, Alexander seed, Coliander seed, Parsly seed, Commin seed, Fennell seed, Amiseed, of each of these a like quantity, as much as is written, and dried in like sort; then beate all these to fine powder, and take liquozice of the best you can get, faire scraped as much in quantitie as of all the other, beat it fine, and mingle it with the same powder, and so keeping it close that no winde come at it, use it first and last with Posset drink made with white Wine or Ale, and when you eat your Potrage or other Broth, put some in it if you be soze pained, and if you have any stone, it will come away by sivers, and if it be so, when you thinke that your water be ginneth to clear again, take this drink that followeth, and it will cleaase your Bladder, and will leaue no corruption therein.

The Drink for the Stone.

Take Rosemary and Time and seeth them in running water, with as much Sugar as will make it sweet, from a quart to a pint, use the quantitie of your hearbs according to your discretion, so that it may labour well of the hearbs, and so use it nine mornings, six or seven spoonfulls at a time.

A Copy of Doctor Stevens Water.

Take a gallon of Gascoigne Wine, then take Ginger, Galingale, Camomile, Sinnamon, Graines, Cloves, Mace, Anniseeds, Fennell seeds, Caraway seeds, of ebery of them one dramme, that is, two pence halfe penny weight; then take Sugar, minced red Roses, Lime, Pellitory of the Wall, wilde Margerum, Pennyriall, Penny-mountain, wilde Lime, Labender, Abens, of ebery of them one handfull; then beat the Spice small, and bruiſe the Hearbes, and put a l to the Wine, and let it stand twelbe houres, stirring of it diuers times; then ſtill it in a Limbecke, and keepe the first pint of water by it self, so it is best, then will come a second water, which is not so good as the first. The virtue of this water is this, It comforteth the spirits, and preferberth greatly the youth of man, and helpeth inward diseases comming of cold: against the shaking of the Palſie, it cureth the contraction of the ſtneſſes, and helpeth the conception of Women; it killeth Wormes in the belly, it helpeth the Tooth-ache, it helpeth the cold Colic, it comforteth the stomach, it cureth the cold Dropſie, it helpeth the Stone in the Bladder, and the reines of the back, it cureth the

the Canker, and helpeth ſhortly a ſinking breath. And who ſo uſeth this water now and then, and not too often, it preferberth him in good liking, and will make him ſeem young very long.

To make white broth with Almonds.

First, look that your meat be clean waſhed, and then ſet it on the fire, and when it boyleth ſcum it clean, and put ſome ſalt into the pot, then take Roſemary, Lime, Fop and Margerum, binde them together, and put them into the pot; then take a diſh of ſweet Butter, and put it alſo into the Pot amongſt your ſpate, and take whole Mace and binde them in a cloth, and put them into the Pot with a quantity of Marjorce, and after that take ſuch a quantity of Almonds as ſhall ſerbe the turne, blanch them, and beat them in a Morter, and then ſtrain them with the broth when your meat is in. And when theſe Almonds are ſtrained, put them in a pot by themſelves, with ſome Sugar, a little Ginger, and alſo a little Roſewater, and then ſtirre it while it boyle, and after that, rake ſome ſliced Oranges without the kernels, and boyle them with the broth of the pot upon a Chafingdiſh of Coles, with a little Sugar, and then haue ſome Sippers ready

ready in a platter, and serbe the meat upon them, and put not pour Almonds in till it be ready to be serbed.

To make a Tart to cause courage in
a Man or Woman.

Take two Quinces, and two or three Burre roots, and a Potato, and pare your Potato and scrape your roots, and put them into a quart of Wine, and so let them boyle till they be tender, and put in one ounce of Dates, and when they be boyled tender draw them thozow a strainer, Wine and all, and then put in the yolkes of eight Eggs, and the brains of three or four Cock Sparrowes, and strain them into the other, and a little Rosewater, and seeth them all with Sugar, Sinamon, Ginger, Cloves and Pace, and also put in a little sweet butter, and set it upon a Chafingdish of coals between two platfers, and so let it boyle till it be something thick.

To make a sirrop of Quinces to comfort
the Stomack.

Take a pint of the iuyce of Quinces, a pound of Sugar, and half a pint of Vineger, of Ginger the weight of fife groats, of Sinamon the weight of six groats, of Pepper the weight of six groats.

A

A Medicine for all Sores.

Take untzought Wax, Turpentine, oyle Olive, Sheeps Tallow or Deers Suet, a quantitie of ebery one of them, and then take a quantity of the iuyce of Bugell, the iuyce of Smalledge, a quantity of Rosen, and boyle them all together ober a soft fire, stirring them alwaies till they be well mingled, and that the greenesse of the iuyce be come, and then strain it thozow a faire cloth into a clean Messell, and this shall heal wound or soze, whatsoeber it be.

Another for all Sores.

Take a quarter of a pound of Pitch, as much of Wax, as much of Rosen, as much of Capons grease or other soft grease, and put them in a Pan, and seeth them all together till they be melted, and then strain them thozow a fair cloth, and make a plaister to lay to the place grieved.

A Powder peerlesse for wounds.

Take Mypiment and Verdigrace, of each an ounce, of Vitriol burned till it be red, two ounces, beat each of them by it selfe in a Bzazen moztar as small as Flower, then mingle them all together, that they appeare all as one, and keepe it in Bags of Leather well

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well

well bound, for it will last seven year with one virtue, and it is called Powder parelesse, it hath no pare for working in Chirurgery, for put of this powder in a wound whereas is dead flesh, and lay scrap'd Lint about it, and a Plaster of Quist thus next upon it, and it will heale it.

To make water Imperiall for all wounds
and Cankers.

Take a handfull of red Sage leaves, a handfull of Selandine, as much Woodbinde leaves; then take a Gallon of Conduit water and put the Hearbs in it, and let them boyle to a pottle, and then straining the Hearbs throught a strainer, take the liquour and set it over the fire againe, and take a pint of English Honey, a good handfull of Roch Allom, as much of white Coppogas, Lime beaten, a pennyworth of Grains bruised, and let them boyle all together three or four watomes, and then let the scum be taken off with a feather, and when it is cold, put it in an earthen pot or bottle, so as it may be kept close; and for an old wound take of the thinnest, and for a green wound of the thickest, and having dressed them with this water, cover the soze either with Treacle or Button, and skin it with Dock leaves.

To

To make water Imperiall another way.

Take a handfull of Dragon, of Scabious, of Endive, a handfull of Pimpernell, a handfull of Wormwood, of Kew, of Lausie, of Colts-cips, of Maidenhaire, Cinquefoyle, Fetherfew, Daylie leaves, Wandelian, Lime, Balme, of each of these Hearbs a handfull, of Treacle a pound, of Sole Armoniack four ounces, and when you have all these Hearbs together, you must take and shred them a little, not too small, then take the Treacle and Sole Armoniack, and mingling them and the Hearbs all together, put them in a stillatory and distill them, and flet.

To make Rosemary water.

Take the Rosemary and the Flowers in the midst of May, before Sun arise, and strip the leaves and the flowers from the stalks, take four ounces Enula Campana roots, and a handfull of two of Sage: then beat the Rosemary, Sage, and roots together, till they be very small, and take three ounces of Cloves, 3 ounces of Mace, 3 ounces of Quibles, half a pound of Anaiseds, and beat these spices every one by it self. Then take all the Hearbes and the Spices, and put thereto foure or five gallons of good white

white Wine, then put in all these Herbs, Spices, and Wine into an earthen pot, and put the same pot in the ground the space of fifteen daies, then take it up, and distill it with a very soft fire.

To stanch blood.

Take Sole Armoniack and Turpentine, and making a plaister lay it to, or take the mosse of the Hazell tree. and cast it into the wound, and it will stanch forthwith: and the longer that it is gathered the better it is. Also take a good piece of Martinmasse Waxe out of the roose, and heat it on the Coals, and as hot as you may suffer it, lay it thereto: also take a piece of leane salt Waf, and let the Waf be of that greatnesse that it may fill the wound, and lay it in the fire in the hot ashes, till it be hot throught, and being hot, thrust it in the wound and binde it fast, and it shall stanch anon the bleeding, when a master vein is cut and the wound be large.

For swelling that cometh suddenly
in Mans limbs.

Take Harts tongue, Cherfayle, and cut them small, and then take Meggges of Ale, and Wheat Branne, and Sheeps Tallow molten, and do all in a pot, and seeth them till that they
be

be thick, and then make a plaister and lay it to the swelling.

Also take faire water and salt, and stir them well together, and therein wet a cloth, and lay it to the swelling.

A good Ointment for Scabs, and itching
of the Bodie.

Take foure ounces of Oyle de Wog, and an ounce of Frankinsence, and two ounces of white Waxey, and three ounces of Swines greace, and an ounce of Quicksilber, that must be staked with fasting spittle, an ounce of great Salt, as much of the one as of the other, and of all these make an Oyntment, and if the Scabs or Itch be upon all the whole bodie, as well aboue the girdle as beneath; then when thou goest to bed wash both thy hands and thy feet with warme water, and bathe them well therein by the fire, and after dry them with a cloth of Linen, then take up with thy fingers of that Oyntment, and do it in the palms of thy hands. and in the soles of thy feet, and rub it well together that it may drinke in well, and if it soake in well, thou must put Gloves on thy hands, and Socks on thy feet, and thus do ebery night when thou goest to bed: and if the Scab or Itch be aboue the girdle,
and

and not beneath, then annoint but thy hands, and if the scab be beneath the girdle, then looke that you annoint the soles of your feet, and if the scab or Itch be in all thy body, as well aboue the girdle as beneath, then thou must annoint both thy hands and thy feet as thou sittest by the fire, and thou shalt be whole. This hath been proved.

For all manner of Scabs.

TAKE Gnula Campana, red Dock Rootes, Nightshade, Woodbine leaves, and then cast in a piece of Allom, and put in Vitrioll Romane rubysied, and when it is cold wash the scabs therewith.

Also take white Oymment, Wzinstone, Quicksilver, Verdigrease, and mingle them together, and therewith annoint the soze scab.

For sinewes that be broken.

TAKE worms while they be knit, and looke that they depart not, then stamp them and lay it to the soze, and it will knit the sinewes that are broken in two.

To knit sinewes that be broken.

TAKE Archangell and cut it in small gobbets and lay it to the soze, and take Wilsple and stamp it, and lay it aboue it hard bound, and let it lye so thzee daies, and at thzee daies end take it away, and wash it with Wine, then make a

new

new plaister of the same, and at thzee daies end put thereto another, and do nothing else thereto.

Also take Penyriall and beat it, and put Salt enough to them, and temper it with Honey, and make a plaister thereof, and lay it upon the sinewes that be stiffe, and it will make them to stretch.

For Sinewes that are shortned.

TAKE the head of a black Sheep, Camomill, Sozell leaves, Sage, of each a handfull, and beat these hearbs in a Morter, and boyle them all together in water, till they be well sodden, and let them stand til that they be cold, then dray it throught a strainer, and so use it.

An Oyle to stretch sinewes that be shrunk.

TAKE a quart of Beates foot Oyle, a pint of Beates Gall, and half a pint of Rosewater, as much Aqua vitæ, then put all these together into a brasle pan; then take a handfull of Labender cotten, and as much of Bayleaves, a good quantity of Rosemary, a good quantity of Labender spike, of Strawberry leaves the strings, and all; then take thread and binde them all in severall bunches, and put them into the Pan

oz Pot, and set them ober the fire upon cleare Coals, with the Oyles together, and so let them boyle a good while, and when it is boyled enough it will boyle but softly; then take it off the fire, and let it stand till it be almost cold, then strain it out into a wide mouthed glasse, bottle, oz Pewter pot, and stop it close, for it will not continue in no wooden thing, and where the sinewes be shrunk, take of this being warmed, and annoint the place therewith; then chafe it well against the fire, and use this morning and evening, and keeping the place warme, you shall finde great ease.

A soveraigne Oyntment for shrunk
Sinewes and Aches.

TAke eight Swallows ready to flie out of the Nest, drabe away the Breeders when you take them out, and let them not touch the earth, stamp them untill the feathers cannot be perceived; put to it Labender cotton, the strings of Strawberries, the tops of mother rime, the tops of Rosemary, of each a handfull, take all their weight of Soap Butter, and a quart more; then habing stamped the feathers in a Stone Morter, that nothing can be perceived, make it up in balls, and put it into an earthen Pot for eight

daies

daies close stopped, that ne air take them; then take it out, and on as soft a fire as may be, seeth it, so that it do but simmer, then strain it, and so reserbe it to your use.

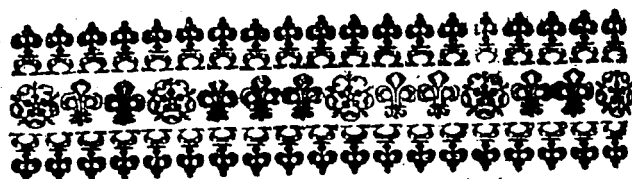
A remedie for the Shingles.

TAke Doves dirt that is moisty, and of Barley meale heaped half a pound, and stamp them well together, and put thereto half a pint of Mener, and mingle them together, and so lay it to the soze cold, lay Wall leaves thereupon, and so let it lie three daies unremobed, and on the third day if need require lay thereto a new Plaster of the same, and at the most he shall be whole within three Plaisters.

To make one slender.

TAke Fennell and seeth it in Water a very good quantitie, and bozinging out the juce thereof when it is sod, drink it first and last, and it shall swage either man oz woman.

Certain



Certain approved points of
Husbandry, very necessary for
all Husbandmen to know.

First of Oxen.

Tokens whereby an Oxe is known to be good and toward for the works are these: ready and quick at the voyce, he moveth quickly, he is short and large, great eares, the Hornes libel and of meane bignesse, and black, the head short, the breast large, a great paunch, the talle long, touching the ground, with a tuft at the end, the hair curled, the back straight, the reynes large, the leg strong and finetwice, the hase short and large: the best colour is Black and Red, and the next unto that the Baye and Pured, the White is the worst, the Gray and the Fallow, or yelloe is of the lesse value.

The

The charge of one that keepeth them, is chiefly to use them gently, and to serve them with meat and good Litter, to rub or kemb them at night, and to stroke them over in the morning, washing sometimes their tails with warm water; also to keep their Stable clean, and that the Poultry or Hogs come not in, for the feathers may kill the Oxen, and the dung of sick Hogs breedeth the murther.

Item, you must know discretely when Oxen have laboured enough, and when but little, for according to that they are to be fed.

Item, that you worke them not in a time too cold or too hot.

Item, that you suffer them not to drinke presently after a great labour, and that you binde them not up forthwith, untill they be a little refreshed abroad.

The Oxe desireth cleare or running water, like as the Horse desireth the puddle or troubled water.

Item, that at their coming home, he alwaies overlooke them, whether there be any Thorne in their feet, or if the poake have gauled them.

In France they geld all their Bull-calves about the age of two years, and that at the fall of the leaf,

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The

The day when they are to be cut, they must not drinke, and must eat but a little. Then suddenly clip the sinewes of the stones with a paire of Tongues, and so cut out the stones in such sort, as they leaue behinde the and that is tyed unto the sinewes, for so the Calf of Bullocke shall not bleed obermuch nor shall leese all his birility and courage.

At the Age often moneth the Bullocke changeth his foze teeth, and at ffre moneths after they scale the next teeth, and at the end of three yeeres he changeth all his teeth.

Note when an Oxe is at best, his teeth are equal, white and long, and when he is old, the teeth be unequal and blacke.

If an Oxe haue the laske, which oftentimes is with blood, and maketh him beneweake, they keepe him from drinke foure or fife dayes; then giue him Walnuts and hard Cheese tempered in thick wine, and for the uttermost remedy they let him bleed in the midst of the fozehead.

To make him loose bellied they giue him two ounces of Aloes made in powder with warme water.

An Oxe pisseth blood of being too much chafed, or of eating ill hearbs, or flower, then keepe him from drinke, and drench him with Breacle in
two

two points of Wine or Ale, putting thereto Saffron.

For the Cough teach Hyssop in his drinke.

For the biting of an Adder, or venemous Dog, then annoynt the place with Oyle of Scorpion.

If he be lame of cold in his feet, then wash him with old Wine warmed.

If he be lame of the abundance of blood fallen downe into the pastoznes and hoofs, they dissolve it by rubbing and launcing.

Item, the better to keepe your Oxen in health, whether they be to be laboured, or to be fatted; then wash his mouth eight dayes with Wine, for that will take away much steame, which taketh from an Oxe his taste and stomacke.

If the steame haue made him haue the murre which is knowne by the waterin of the eye, they wash his mouth with Lime and white Wine, or rub it with water and Salt.

OF HORSES.

Tokens of a good Calf: the Head little and leane, the Eare straight, the Eyes great, the nostrils wide, the Necke little towards the head, the back short and large, close bellied, the cullions or stones equall and small, the tale long, stuffed with haire thick and curled; the

legs equall, high and straight; the hoof black, hard and high, he should be quick and pleasant.

The age of Horses is known partly by the hoof, and principally by the teeth. When the Horse is two yeares and a half, the middle teeth aboue and beneath do fall.

When he is foure yeers old, the dogteeth fall, and others come in their places before he be six yeeres old. the great teeth aboue do fall, and the first pair the first that fell come again; the seventh pair all is full, and they be all shut.

Of Sheep.

Certain daies before the Lambs be put to the Cows drench them with salt water, there by the Cows will take the better, and the Lambs (they say) was more full of appetite.

To have many male Lambs, they chuse a dry time, and the winde at North, letting the Cows go in pasture that lyeth open against the Northern winde, and then put in the Lambs.

To have many female Lambs, then contrariwise obserue the South winde.

When a Cow is with Lamb, if she have a black tongue (they say) the Lamb will be black, and if the tongue be white, the Lamb likewise will be white.

Tokens

Tokens of a good Sheep: a great body, the neck long, the wool deep, soft and fine, the belly great and covered with wool, the teats great, great eyes, long legs, and long tayle.

Tokens of a good Ram, the body high and long, a great belly covered with wool, a flace thick, the forehead broad, eyes black with much wool about them, great eares covered with wool, great stones, well horned, but the more toothed the better; the tongue and pallat of the mouth all white, to the end that the Lambs may be likewise white.

Of Hogs.

The Hog of himself though filthy, yet (they say) he prospereth the best, if he lodge in a clean sty, and every moneth his sty should be cast ober with fresh grabell or Sand, so make him lying fresh, and to dry up the pisse and filth.

They geld their Pigs when they are a yeere old or six moneths at the least. for they was much greater if they be gelded at the said age.

They chuse them for Bores that have the head short and large, the breast large, colour Black or white, the fat short, the legs great, and they that have strongest haire on the top of their back.

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Those

These are to be kept for Sowes which be longest, with hanging Bellies, great Tets, deepe Ridded, a little Head, and short Legges.

Hogges be sicke when they rubbe much their eare, or refraine their meat, but if none of these signes appeare, they plucke off one of his hairens on the backe, if it be cleane and white at the root he is well, if it be bloody or foule he is sicke.

They will have their Hogges either all white or all Blacke, but in any wise not speckled, or of two colours.

They refraine from dunging their Land while the Moone increaseth, for that they obserbe the more abundance of Weedes to come thereby.

Touching the Sowing of Beanes, they doe obserbe this: At the fall of the Lease in strong Land, they sow the great Beanes. At Spring time in weake and round ground they sow the common small Beanes, and of both sorts at the fall of the Moone, that they may be the better coddred.

They use to cut them at the new of the Moone before day.

Their Flare as soone as they have gathered it, they set it under a House or Hobell, and suffer it not to take Raine or Dew as we doe.

Lo

To make Cheese looke yellow, they put in a little Saffron.

To keepe Apples, they lay them on Straw strewed, the eye of the Apple downewards, and not the stemme.

And when they would have any great store, well and long kept from perishing, they gather and choose the soundest, heaviest and fairest, being not over riped, they provide a Hogshed, Fatte, or great Huch, they bring the Apples where it shall stand, then they lay a layre of Straw, and upon the same a layre of Apples, and then Straw againe, and Apples likewise, untill the bestell be full to the brimme, shutting it close with the head to cover, that no ayre come in.

To cure the mallady of Trees that beare worme-eaten fruit, which cometh of much wet or a moist season, at the time they pierce the Trees thorow with an Auger, as neere the Roote as they may, to the end that the humoz wherof the Wormes doe breed may distill out of the Tree.

If Trees through oldnesse or otherwise leaue bearing of Fruit usually, they use not to loppe them but onely cut away the head boughes (they also uncover the roots after All Saints tide, and cleave the greatest of the rootes putting into

into the cliffs spiders of flints, or hard stones
 letting them there remain to the end that the
 humour of the earth may enter and ascend into
 the Tree: After about the end of winter, they
 cover again the roots with very good earth, or if
 they have any dead Carrions, they bury them
 about the roots of such Trees.

FINIS.



The Table of this Book, gathered
 ed according to every Page tho-
 rowout the same.

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 Meat at the ta-
 ble. pag. 1, 2, 3.

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To boile a Brawn. 4
 To boyle meats for
 Dinner. *id.*
 To boyle meats for
 Supper. 5
 To boile a leg of mut-
 ton with a pudding
id.
 To boyle a Lambes
 head & purmance. 5
 To boyle a mallard
 with cabbedges. 6
 To boile a Duck with
 Turneps. *id.*
 To boile mutton and
 Chickins. 7

To boyle Chickins.
id.
 Another to boyle
 Chickins. 8
 Another to boyle
 chickins. 9
 To boyle a Neates
 tongue. *id.*
 To boyle Pigs Peti-
 toes. *id.*
 To boile a coney. *id.*
 To smere a cony. 10
 To boile conies. *id.*
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